



President's Message

Michael McKenzie



Thanks to all of you who made SEACSM 2017 our biggest and best annual meeting ever. We ended up with roughly 1100 attendees and 400 presentations. The quality of science that continues to be generated by the SEACSM footprint is truly astounding. Your executive board is hard at work preparing for the 2018 meeting, which will finally return to Chattanooga, Tennessee. We hope to build off our very successful 2017 meeting and make 2018 even better. We need your feedback however to make this happen. We need to know what worked, what didn't, what you liked, and what you didn't. Please be on the lookout for a survey soon regarding your experience at

SEACSM 2017. The board very much welcomes your input. Until then, please make plans to join us in Denver during the ACSM Annual Meeting. As always, the SEACSM Social will be on the Thursday (June 1st) at a yet to be determined location. We hope to have our 2018 speakers and fall speaker series finalized and ready to announce by this time. I hope to see y'all there.

Past-Presidents Message – John Quindry

I am at a loss to adequately thank all the presenters, attendees and those who worked to make our recent SEACSM annual meeting in Greenville, South Carolina a success. We had high quality in addition to record submissions and attendance. I encourage you to seek out scholarly works by the invited speakers featured in our recent annual meeting: Dr. Barry Franklin (Keynote), Dr. Catrine Tudor-Locke (President's), Dr. Marcas Bamman (Basic Science), Dr. Peter Wagner (Luncheon), Dr. Dixie Thompson (Montoye) & Dr. Bert Fields (Clinical



Crossover). I want to extend a final note of thanks to the outgoing board members, Dr. Sue Graves (past president), Dr. Ron Evans (member at large), Dr.

Jody Clasey (member at large), and Dr. Brittany Overstreet (student representative).

In addition to annual highlights like the Quiz bowl, grad student fair and chapter social, pre-conference sessions like the Rapid Research Race, and how to get the most out of the meeting sessions were well attended and impactful. Be sure to consider early attendance in 2018 for similarly great pre-conference sessions. In the spirit of looking ahead, we're already planning for the 2018 meeting to be held in Chattanooga, TN. Start considering your symposia, tutorial, or original research presentation submissions now. In addition, consider building a champion Quiz bowl team or AV team in anticipation of the fall calls for those opportunities.

As the year progresses I will be looking to finalize the 2018 Executive Board election ballot. This process will include a sub-committee of past SEACSM presidents. In addition, if you're looking to get more involved in the chapter, Dr. Lynn Panton (president elect) is collecting names on our rolling volunteer list. She, I, and SEACSM president Dr. Michael McKenzie will be calling on many of you to help with the organization of the upcoming meeting. Please be sure to contact any of the board members with ideas, feedback, and other ideas to advance SEACSM initiatives. The next official chapter event is the SEACSM social (place TBD) held on Thursday, June 1st 8pm in Denver at the ACSM annual meeting. See you there!

Sponsor and Exhibitor Opportunities

Michael Berry



The Southeast American College of Sports Medicine would like to thank the supporters and exhibitors who participated in the 2017 meeting. These included: Bioventus, Horizon Pharma, Inbody, Liberty University, BioPac, Creative Health Products, Cosmed USA, Delsys, Donjoy, Ferring Pharmaceuticals, Hologic, iWorx, Össur, Parvo Medics, Seca, University of South Florida, Tekscan, and Vacumed. The chapter is very lucky to have these companies and organizations attend and help support our annual meeting. We are even more fortunate to have a number exhibitors that return yearly. I was pleased to

see a large number of attendees visiting the exhibits and interacting with the company representatives. A high volume of traffic to the exhibits is one way to insure they continue to participate in our annual meeting. I hope to see many of these same supporters and exhibitors at next year's meeting in Chattanooga, TN.

SAVE THE DATE -FEBRUARY 15-17, 2018

Chattanooga, TN

Newly Elected 2017 SEACSM EXECUTIVE BOARD

President-Elect

Lynn Panton, Florida State University



Lynn Panton received her B.S. from Emory University in 1986 and her M.S. and Ph.D. in Exercise Physiology from the University of Florida under the direction of Dr. Jay Graves. After graduating in 1993 she spent several years at Iowa State University and East Tennessee State University before going to Florida State University in 2001. Panton's research interests are in the area of resistance training and its effects on strength, body composition, and functional outcomes of healthy elderly adults and chronically diseased populations. She is currently studying the effects of resistance training on

body composition and functionality in breast cancer survivors. She is a Fellow of ACSM and has been going and taking students to the SEACSM meetings for the last 20 years.

Hi everyone hope you all had a wonderful 2017 SEACSM conference and a safe trip home. This year's conference was our largest with over 1,000 attendees. It was great to see so many students participating in the conference. I enjoyed seeing and listening to the student poster presentations and the Rapid Research Race that was part of the preconference events. I am honored to serve as your President-Elect and I am looking forward to working with you. I have enjoyed being a part of the SEACSM Regional Chapter and getting to know so many of you over the years. I am looking forward to getting to know even more of you as I serve on the board. I heard a number of individuals talking about wanting to get involved with the regional chapter so please email me at lpanton@fsu.edu if you are interested in helping out. Please take a few minutes to fill out the meeting survey to let us know what we did well and what we can do to make the meeting even better. Looking forward to seeing everyone in Chattanooga in 2018.

Member-at-Large

Alicia Bryant, Columbia State University

Alicia T. Bryant is an Associate Professor for Exercise Science at Columbus State University, GA in the Department of Health, Physical Education and Exercise Science. Prior to her appointment as faculty for Exercise Science, Bryant spent ten years serving as the Physical Activity and Wellness Coordinator for the university and was responsible for curriculum development and management and evaluation of the Wellness Program and its specialists. In 2010, she launched the Exercise Is Medicine (EIM) initiative on campus and received a proclamation from the University President for



May 2010 being National Exercise is Medicine™ Month on campus. The following year, she received a proclamation from the Columbus Consolidated Government declaring May 2011 as Exercise is Medicine Month for the city of Columbus. Bryan has delivered numerous lectures to professional and lay audiences on nutrition, physical activity and health-related topics. She is an American College of Sports Medicine (ACSM) Fellow and is currently active on the ACSM Strategic Health Initiative: Women, Sport and Physical Activity Committee, the Aging Special Interest Group and the Minority Health and Research Special Interest Group. Additionally, Bryan has provided editorial and review services for Clinical Medicine Insights: Women's Health Journal, the Athens Journal of Sports, ACSM's Exercise Prescription for Older Adults, McGraw-Hill's Fitness and Wellness textbook and the annual meeting of the Southeast chapter of ACSM. Since arriving at Columbus State University (CSU) in 2006, Bryan has been actively engaging undergraduate students in research and experiential learning activities in the area of exercise science and encouraging their involvement at the regional and national ACSM meetings. In addition to her responsibilities of teaching and academic advising, Bryan serves as chair for the Student Research and Creative Endeavors Grant Committee and co-chair of the Women's Issues Advisory Committee for CSU. Currently she also serves as chair of the Sports and Fitness Management Program Advisory Committee for Columbus Technical College and is a member of the Christian Women's Job Corps of Columbus GA Advisory Board, which equips and empowers women with the necessary skills to gain meaningful employment.

Tiffany Esmat, Kennesaw State University



I received my B.A. in both Exercise Physiology and Fitness Management from Baldwin-Wallace College, my M.Ed. in Exercise Science from Cleveland State University and Ph.D. in Exercise Physiology from Kent State University. As an Associate Professor at Kennesaw State University, I provide service as an Assistant Department Chair and Program Coordinator for the Exercise Science program where I have worked to align the curriculum with the professional standards

expected from ACSM. I am an active member of the Exercise Science Education Special Interest Group and currently certified as a Certified Inclusive Fitness Trainer and Exercise Physiologist. My current line of research focuses on the area of physical activity, aging and cognition. I hope to contribute to the advancement of SEACSM as a Member at Large by encouraging future generations of students and junior faculty to become educated and involved within the chapter through focusing on mentoring and professional development opportunities.

SAVE THE DATE : June 1, 2017 8-9:39 PM

SEACSM Social in Denver, CO

Student Representative

Ashlyn Schwartz, University of Tennessee

Ashlyn Schwartz, B.S., ACSM-EP-C, is a graduate assistant for the Center For Physical Activity and Health at The University of Tennessee. She is completing her M.S. in Kinesiology, working under Dr. Dawn Coe, specializing in pediatric exercise physiology. She is also an ACSM Registered Exercise Physiologist. She obtained her B.S. in Exercise Science at Kennesaw State University. This upcoming fall she will be beginning a doctoral program at The University of Tennessee in the Child and Family Studies Department. Her research agenda has included physical activity assessment in youth, nature based behaviors and physical activity, and physical activity's impact on executive function in youth. She is delighted to be serving as the 2017-2019 Southeast ACSM Student Representative.



A big "Thank you" to all AV teams who helped make this year's meeting run smoothly and effectively: Virginia Commonwealth University, Valdosta State University, James Madison University, Mississippi State University, Columbus State University, Kennesaw State University, University of Tennessee, and Florida Atlantic University. Teams will be needed again next year, so it isn't too early to be thinking about whether your school would like to serve. AV teams are responsible for overseeing audio and video equipment and providing support for presenters during free communication sessions and keynote lectures. Teams typically consist of 2-3 students, and requirements for each team include a laptop computer, projector, and supporting peripherals (e.g., necessary cables, etc.). More information regarding how to be involved will be forthcoming in early Fall 2017.

SEACSM Awarded Grant funding to support Students:

ACSM has awarded the South East chapter two separate grants to support students at our regional meeting. At the meeting in February students signed up for a drawing of one of thirty \$100 dollar stipends to help support attendance at the SEACM conference in Greenville. Notifications to those randomly selected individuals will be going out in March!

The second grant specifically supports 1st time student presenters. If you were a first time student presenter at the meeting in February you can apply for a \$300 stipend to offset the cost of your travel to the meeting. Please contact Amy Knab: knaba@queens.edu for more information. Deadline for **Applications has been extended to March 12th at midnight.**

Student Bowl and Graduate Fair Information

Congratulations to Georgia State University’s undergraduate team of Mary-Catherine Driskell, Adria Wofford, and Devrick Thomas for winning this year’s student bowl. They will now represent the SEACSM in Denver for the National ACSM student bowl! Kennesaw State took second place. Students from both first and second place teams received free ACSM memberships for next year.

Undergraduate Student Bowl



Georgia State’s winning team (Mary-Catherine Driskell, Adria Wofford, Devrick Thomas) pictured with Dr. Judith Flohr (our esteemed emcee)



Kennesaw State’s second place team (Angelina Micalizzi, Ashton Matson, Allyson Box, Taylor Boyett)

THANK YOU: A big thank you to all who help make this student bowl event possible. Nicole Rendos, Brian Kliszczewicz, Charles Robison, and Mallory Marshall served on a sub-committee that helped plan, and score the event (making it possible for 27 teams to compete at once)! And a big thank you to our emcee Dr. Judith Flohr for keeping things entertaining.

We also had 32 schools representing their graduate programs to PACKED house at the graduate fair. If you are interested in having a booth for your graduate program at the 2018 SEACSM meeting in Chattanooga TN please contact Amy Knab (knaba@queens.edu).

A Message From Your Student Representatives



Hello Students! We hope you had a great time at this year's SEACSM conference! Big thanks to all the student volunteers who made this year possible. Please take a few minutes to look at the **exciting news** and updates specifically for SEACSM students. We had a great time at the conference this past month!

Welcome! If you attended the first annual preconference this year, we look forward to your feedback. The "Rapid Research Race" was a very exciting time! If you missed it, we are hoping to bring it back next year, along with other pre-con events specifically for the students. If you missed it this year, we hope to see you there next year! Make sure to take advantage of all these new opportunities which we have created with **YOU** in mind. We are very proud of the strong student focus that the SEACSM provides.

❖ New Student Rep

- Let's welcome Ashlyn Schwartz as our new student rep! Perhaps you caught her presentation during the pre-con? Ashlyn will be beginning a doctoral

program at The University of Tennessee in the Child and Family Studies Department this upcoming Fall. She is very excited to be serving as the 2017-2019 Southeast ACSM Student Representative.

- **Bye Brittany!** It is very sad to see Brittany Overstreet leave us, but we wish her all the best at her new position at the University of Delaware. Brittany played a large role in increasing the student involvement at SEACSM. We hope to continue to increase student involvement as Brittany had done. THANK YOU Brittany!
- ❖ **Student Winners.** Thank you to all who submitted abstracts. There were so many great posters and presentations this year! We want to extend special congratulations to our student winners:

1st PhD –Bradley Willingham- University of Georgia & SEACSM Rep in the 2017 ACSM Presidential Cup

2nd PhD –Joshua R. Huot- University of North Carolina-Charlotte

3rd PhD -Blake Crabb- Virginia Commonwealth University

1st Master's – Natalie Eichner- University of Virginia

2nd Master's – Christopher Curran- East Carolina University

3rd Master's - Ashlyn Schwartz- University of Tennessee

1st Undergraduate – Christine Seltman- University of North Alabama

2nd Undergraduate – Meghan Patton - High Point University

3rd Undergraduate – Caroline Elizabeth Melson- Elon University

2017 SEACSM Student Bowl Winning Team

Georgia State University: Mary-Catherine Driskell, Adria Wofford, Devrick Thomas

- ❖ **ACSM National.** We hope to see everybody at the SEACSM social in Denver. We know it is early, but many of you have already expressed an interest in getting involved! If you are interested in getting involved, you can sign up with one of us (your student reps) at the national conference (during the social) or keep an eye out for sign up link, which will be live on a subsequent newsletter.
 - ❖ **Stay Connected!**
 - Check out our website at www.seacsm.org and be sure to join **SEACSM on Facebook (SEACSM Chapter)** to have direct access to all our current information, job opportunities and interacting with other SEACSM members! Also, follow us on Twitter @SEACSM!
 - ❖ **Have an idea for a student event you'd like to see at future meetings?**
 - Email your student representatives at SEACSMStudents@gmail.com and share them with us! Did you all enjoy the SNAPCHAT filter? Over 8.3k people viewed pictures with our special filter during the conference!
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Stay Healthy and Active,

Ashlyn Schwartz, B.S., EP-C
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SEACSM Clinical Representative- Kenneth P. Barnes, MD, MSc., CAQSM, FACSM

The topic was Emergencies in Sports Medicine, and we had 12 different speakers and 9 case presentations over the course of two half days at the meeting. Many of our speakers come from emergency medicine backgrounds, and were thus able to share details about the specialty that are very relatable to sports medicine. We had about 40-50 people in attendance each day, and those coming from more primary care backgrounds really seemed to appreciate the expertise of our speakers.

Of the 9 case presentations, one stood out as a clear winner. Josh Hellums, MD from Vanderbilt University presented a case about a football player who sustained blunt trauma to the eye during a game, which caused temporary vision loss and a retinal injury called commotio retinae. Not only did his case concern an athlete, but it was also a unique diagnosis, new to many of those in attendance.

As of yet, a topic for next year's conference in Chattanooga has yet to be decided upon. Hopefully we will begin brainstorming later in the spring.

The following members have graciously agreed to contribute to planning our next meeting:

Ken Barnes, MD--Clinical Representative (Greensboro Orthopedics)

Matthew Close, DO--Chair (UC Health)

Brent Messick, MD--Vice Chair (Cabarrus)

Ryan Draper, DO (Moses Cone)

Amadeus Mason, MD (Emory)

David Liddle, MD (Vanderbilt)

Kim Kaiser, MD (Kentucky)

Did You Know?

- 1) Early Registration for ACSM ends March 15. Save money by registering before the prices go up! <http://www.acsmannualmeeting.org/attend/registration/>
 - 2) Are you an ACSM member? Remember to vote in the ACSM election. Be sure to check out these SEACSM members running for positions at ACSM:
 - Vice President Candidates:**
[Janet Fulton, Ph.D., FACSM](#)
 - Trustee Candidates: Basic & Applied Science:**
[Melicia Whitt-Glover, Ph.D., FACSM](#)
 - Trustee Candidates: Regional Chapter**
[B. Sue Graves, Ed.D., FACSM](#)
 - 3) Walt Thompson from Georgia State University will become ACSM president after the ACSM meeting in Denver!
 - 4) SEACSM Social at ACSM National Meeting: Thursday June 1, 2017, 8-9:30 PM, Denver, CO. Site TBA.
 - 5) President's Cup Poster Competition at ACSM National Meeting: Wednesday 5-7 PM, **Hyatt Regency Denver at Colorado Convention Center Hotel**, come and support Bradley Willingham from the University of Georgia as our SEACSM Rep in the competition.
 - 6) Student Bowl at ACSM National Meeting: Wednesday 7:30-9 PM, **Hyatt Regency Denver at Colorado Convention Center Hotel**, come and support Georgia State's winning team (Mary-Catherine Driskell, Adria Wofford, Devrick Thomas) as our SEACSM Team in the competition.
 - 7) Did you see that Dr. Tony Hackney (2015 SEACSM Scholar Award Winner) had his recent MSSE article featured as the lead article in the New York Times-Check it out here:
https://www.nytimes.com/2017/02/22/well/move/men-is-exercise-putting-a-damper-on-your-sex-life.html?ref=collection%2Fsectioncollection%2Fhealth&action=click&contentCollection=health@ion=rank&module=package&version=highlights&contentPlacement=1&pgtype=sectionfront&_r=0
 - 8) Were you one of the over 1100 who attended the 2017 SEACSM Meeting? If yes than we need to hear from you. An email will be sent to you within the next few weeks with a link to your survey (one for professional members and one for students). Please complete your survey by the date listed in the email.
 - 9) There are many pictures from the 2017 SEACSM meeting on the SEACSM chapter page on Facebook. Be sure to check them out.
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Dr. Barry Franklin (Keynote),



Dr. Catrine Tudor-Locke (President's),



Dr. Bert Fields (Clinical Crossover),



Dr. Marcos Bamman (Basic Science),



Dr. Dixie Thompson (Montoye),



Dr. Peter Wagner (Luncheon)



Dr. Scott Powers (SEACSM Service Award)



Dr. Josh Hellums (Clinical Case Winner)



SEACSM Student Research Award Winners



SEACSM Past-Presidents

SEACSM Executive Board

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- Sam Buckner, Student Representative (2016-2018), University of Mississippi, Department of Health, Exercise Science & Recreation Management, 244 Turner Center, PO Box 1848, University, MS 38677, (w) (662) 915-5521, (F) (662) 915-5525, mail to: slbuckne@go.olemiss.edu
- Ashlyn Schwartz, Student Representative (2017-2019), University of Tennessee, Department of Kinesiology, Recreation, and Sport Studies, 1914 Andy Holt Avenue, Knoxville, TN 37996. Office 314 HPER Building, (W)(865)974-5091, (F)(865) 974-8981, mail to: aschwa13@vols.utk.edu

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